

Sauces

Basil Walnut Pesto

Divas of Dish - Pam Brandon and Anne-Marie Hodges

Palm Beach Post

Drizzle atop soup or spread on bread.

2 cups fresh basil leaves, packed

1/3 cup olive oil

1/2 cup walnuts

2 cloves garlic

1/2 cup Parmesan Cheese

salt (to taste)

In a blender, combine the basil, olive oil, walnut, garlic, Parmesan and salt.

Puree' until smooth, scraping down the sides as needed.

Per Serving (excluding unknown items): 1210 Calories; 119g Fat (85.5% calories from fat); 33g Protein; 12g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 748mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 21 Fat.